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Two more arrested in Boston case

Friends of marathon suspect charged with evidence tampering

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Mi scusi?

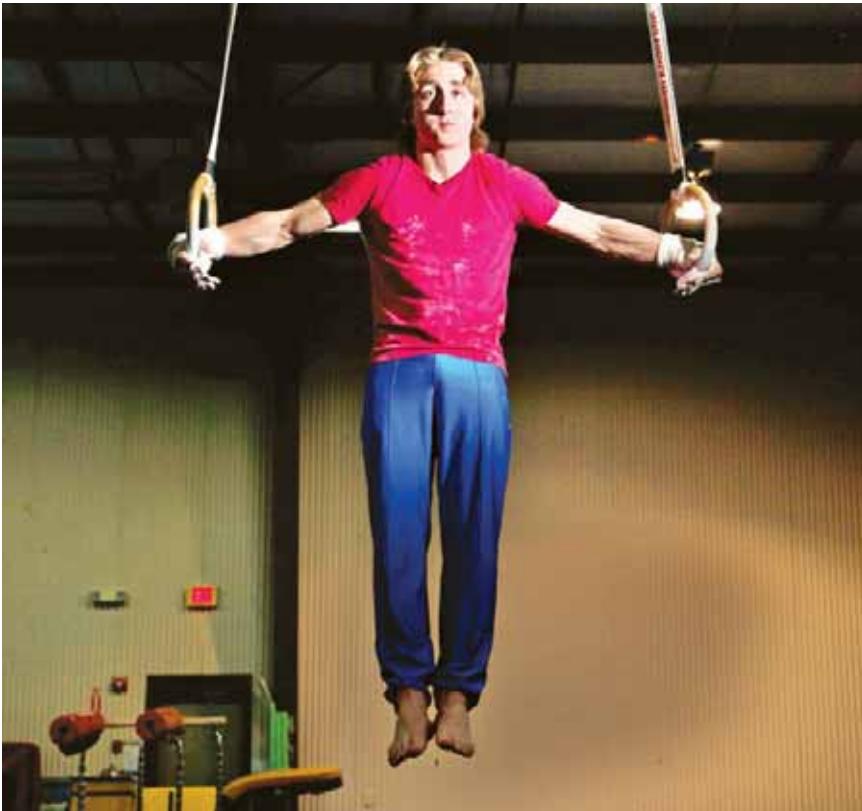
Appointment of Italy's first black minister exposes an ugly, though familiar, racist reaction — including from politicians

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SHOWING LOVE FOR THE FANS

MOOSEHEADS BLUELINER
VERY APPRECIATIVE OF CROWD SUPPORT DURING PLAYOFF RUN, AND FOR HOW QUICKLY QMJHL FINAL GAMES SOLD OUT

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CREDIT WHERE IT'S DUE

Gymnast Zach Longley poses for a photo on the rings at the ALTA Gymnastics Club on Tuesday. The province introduced an extension to the personal-development credit, which allows high school students to get credit for certain extracurricular activities, including gymnastics. Story, page 3. JEFF HARPER/METRO

Scammers go after students

Fake apartments.

Police warn public not to send money to out-of-country 'landlords'

A Halifax student who fell prey to online scammers renting out a non-existent apartment says fellow students need to always be on their guard.

"You need to be really realistic because apartments are expensive and if it seems too good to be true ... it probably is," said Lisa Watson from Calgary on Wednesday.

Halifax Regional Police say they've received eight complaints in the last week about an apartment scam identical to the one that ensnared Watson last year.

In each case, the victim replied to an online classified ad for an apartment for rent or sublet. The ad poster claimed to be out of the country and asked for money to be wired overseas in exchange for the

key, which would be sent by courier to the victim.

Once the money was sent, the suspect stopped communication and the victim realized the apartment didn't exist.

Watson, a student at Dalhousie University, said in her case, the "landlord" said he was a Halifax doctor temporarily living in England. She lost \$800 to the fraudster.

Halifax Regional Police said police are aware of at least six such ads, all of which were removed once investigators reported them to Kijiji.

Bourdages said the fraud is common twice a year — when university students move to the city, and when they move away. There's a big turnover in the apartment market, and most students go hunting for

Still learning



"Scam companies ... know that they're probably more likely to attract students than adults who might be quicker to catch on and pursue harsher punishment." Lisa Watson, apartment scam victim

new digs online.

Bourdages said the chances "are very slim" of retrieving victims' money.

"If it's overseas, it becomes really hard to prosecute and really hard to get money," he said.

EMILY KITAGAWA/FOR METRO

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Province helps gymnasts, musicians make the grade

Credit where it's due.

Eight new programs will give high-school students academic credit



HALEY RYAN

haley.ryan@metronews.ca

High school students in Nova Scotia have another reason to hit the high notes and the gymnastics mat as well as the books.

On Wednesday, Education Minister Ramona Jennex announced eight new providers for the personal development credit launched last June, which allows high school kids to gain an elective for some activities.

"Students learn in many different ways, and they learn in many different places," Jennex said at the Alta Gymnastics Club on Wednesday afternoon.

The new providers include Gymnastics Nova Scotia, Italian Language School, Nova Scotia Equestrian Federation, Cadance

Progressive education

"We really wanted ... to recognize that the work (students) do outside of school is recognized as part of their education."

Education Minister Ramona Jennex

Academy, Lifesaving Society of Nova Scotia, Nova Scotia Registered Music Teachers Association, Nova Scotia Scouts Canada and Skate Canada Nova Scotia.

Students must complete high levels or pass exams in their programs to qualify for half or full credits.

Jennex said these providers will offer scholarships or bursaries to ensure any student can pursue their interests, no matter their financial situation.

Zach Longley has been practising gymnastics since the age of nine, and said having a credit to recognize his hard work would go a long way.

"I spend most of my time in the gym, so to get a credit for being here would really help

out, since sometimes I'm here when I have a test or something," Longley said.

Both Jennex and Longley said students pick up important life skills through art or sport that will only help academic performance.

"You need a lot of determination to really go forward in the sport, and so you can kind of use that in school also, pushing yourself mentally to do better," Longley said.

Jennex said there will be another call for providers in two years.



Last of royal fleet gives way to bullish heir

Halifax Regional Police Const. Raymond Quesnel steps away from the last Crown Victoria police cruiser still in use in HRM. Ford's Crown Victoria Police Interceptors, once the gold standard of police vehicles, are gradually being replaced with a fleet of Ford Taurus Police Interceptors, right. EMILY KITAGAWA/FOR METRO

Cape Breton. Man who drove off ferry died by drowning: Autopsy

An autopsy has determined that the man who drove his car off the Englishtown Ferry and into St. Anne's Bay drowned.

Bill Halliday, Jerry Hengeveld's son-in-law, said the medical examiner has determined that there were no other medical factors, such as a heart attack or stroke, that would have caused the 81-year-old

to accidentally drive off the ferry.

Halliday said it appears that there will never be any clear explanation of what happened that day. NEW GLASGOW NEWS



Jerry Hengeveld
CONTRIBUTED

Two men robbed of jewelry in Kijiji sales gone bad

Police say a teen was robbed of jewelry then sprayed with an unknown noxious substance in Sackville on Wednesday night, marking the second Kijiji sale gone bad in as many nights.

Just after 6 p.m., police say the victim met two people in the parking lot of Kent Building Supplies in Lower Sackville to sell a piece of jewelry advertised on Kijiji. Once the victim

handed over the jewelry, police say he and his three passengers were sprayed with an unknown irritant. The two suspects fled on foot and a search by police couldn't locate them.

The incident marks the second such robbery in about 24 hours.

On Tuesday night in Dartmouth, police say someone was sprayed with an unknown irri-

tant during another Kijiji sale.

At 9:20 p.m., officers were called to a robbery complaint near LaComb Drive and Gaston Road. The victim, 25, said he met two parties to sell a piece of jewelry that he had advertised on Kijiji. Once the victim handed over the jewelry, police say he was sprayed with an irritant and the two men fled the area on foot. PHILIP CROUCHER/METRO

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Puppets stand in solidarity for International Workers' Day

People hold puppets prior to the start of a May Day rally at Grand Parade on Wednesday. May Day, also called International Workers' Day, is a day to celebrate the international labour movement. JEFF HARPER/METRO

Banning tobacco displays is valid, N.S. court rules

Tobacco Access Act.
Provincial court sides with province in six-year-old legal battle

The Nova Scotia government says it has won its case against a tobacco shop owner who challenged a provincial law that bans stores from advertising tobacco products behind store counters.

Bob Gee, who runs Mader's

Tobacco Store Ltd. in Kentville, challenged the Tobacco Access Act on the grounds that it violated his right to freedom of expression.

In August 2010, the provincial court in Kentville ruled in favour of Gee's argument.

That placed the onus on the province to prove the infringement of those rights was reasonable and for the public good.

The province says the court has accepted its argument that the law is necessary for the pub-

lic good.

Health Minister David Wilson says he is pleased with the court's decision.

"We are focused on reducing smoking rates and improving the health of Nova Scotians," he said in a statement Wednesday. "We know that the best way to reduce and prevent tobacco use is through a comprehensive, multi-faceted approach and one of these tools is restricting point of sale advertising."

The legal battle began in January 2007, when Gee

was ordered by inspectors to remove displays of tobacco products under new rules governing advertising.

In March 2008, he was charged with improper storage and display of tobacco products. Those charges were stayed when the province amended the act to allow tobacco retailers to use a catalogue of their products.

Gee did not replace his displays with a catalogue, and was charged again in July 2009.

THE CANADIAN PRESS

AG. Liberal MLA's living allowance to be reviewed

Nova Scotia's auditor general is reviewing a living allowance paid to Liberal member Michel Samson, legislature Speaker Gordie Gosse said Wednesday.

Gosse said he contacted auditor general Jacques Lapointe, who agreed to conduct a review after questions arose over whether Samson was entitled to the \$1,470 monthly allowance.

"The auditor general's office is highly respected in Nova Scotia and I've sent it up to him for an independent review," said Gosse.

Gosse said he stands by his decision two weeks ago that Samson's primary residence is in Halifax, and he therefore should not receive the living allowance. But he said Samson's public objections to the ruling prompted him to refer the matter to Lapointe.

"(Samson) suggested that he didn't agree with my decision, so in order to get a truly independent decision, who better than the auditor general?"

Samson asked Gosse to review the allowance after a



Liberal MLA Michel Samson METRO FILE

media report raised questions about whether the house he rents with his wife in Halifax is their primary residence.

Gosse said Samson's living allowance would remain suspended pending the results of Lapointe's review.

Samson, who represents the Cape Breton riding of Richmond, submitted additional information to Gosse last week in an effort to successfully contest the Speaker's decision.

THE CANADIAN PRESS

Effective May 1

N.S. toughens penalties for impaired driving with kids in vehicle

The province has introduced stiffer penalties for those convicted of impaired driving with a child in the car.

Effective May 1, motorists convicted of this offence

could lose their licence for at least two years.

According to the release, those charged with impaired driving with a child passenger will also have to participate in the Alcohol Ignition Interlock Program for one year, at their expense.

The program includes a device that will not allow a car to start if alcohol is detected on the driver's breath.

METRO

Paige Shines like a Diamond!

Paige Davis, a Beverage Server at Casino Nova Scotia, leads the way when it comes to delivering great experiences and memories to our guests. Her thoughtfulness and genuine concern for others makes such an impact on the business that she was nominated for the annual GEM Diamond Award for guest service excellence. This award recognizes the employee who exemplifies exceptional behaviors.

In recognition of Paige's outstanding contributions to the success of Casino Nova Scotia, she was recently named the 2012 Diamond Award Winner. We also recognized our Honorable Mentions: Halina Fullerton, Casino Porter, and Jim Langlands, Security Shift Supervisor.

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Province needs to do more for victims: Sexual-assault centre

Sexual Assault Awareness Month.

Co-ordinator says Nova Scotia has highest rate per capita of incidents in country

CLARK JANG
halifax@metronews.ca

The sexual assault centre in Halifax believes more needs to be done to address sexual violence in Nova Scotia.

That's why Avalon Sexual Assault Centre and a handful of other organizations across the province are hosting Sexual Assault Awareness Month in May.

"There's still a lot of secrecy and silence and shame around the issue of sexualized violence and abuse," said Jackie Stevens, co-ordinator of community and legal education for Avalon.



Nova Scotia Minister for the Status of Women Marilyn More. METRO FILE

The month is dedicated to raising community awareness about sexual-assault issues and raise support for specialized sexual violence support systems provincewide.

Avalon is kicking off Sexual Assault Awareness Month Tuesday with a fundraiser at the Company House. They're also promoting the public

awareness campaign Start By Believing, dedicated to validating the experiences of sexual assault victims.

"When people are providing them with non-judgmental support that's crucial, especially if people have been met with disbelief and judgment," said Stevens.

Nova Scotia has the high-

est sexual violence rate per capita in Canada. Nationwide, only about eight per cent of victims report victimization to police, says Stevens.

To her, that's a problem.

"While May highlights the issues around sexual assault, this work is happening all year-round," said Stevens. "Sexual assault is happening all year-round, non-stop."

Stevens hopes increased awareness will help change the way people think of sexual violence.

Looking for help



Rehtaeh Parsons METRO FILE

Jackie Stevens says Avalon has seen a sharp rise in the number of clients requesting assistance since the death of Rehtaeh Parsons, a Cole Harbour teenager who took her life after being allegedly raped and then bullied.

"A lot of the focus tends to be on victims and how people can minimize their individual risk," she said. "We need to change those messages to focus on why people are committing sexual offences, the beliefs and societal norms that make people believe they're entitled to do whatever they want to other people's bodies."

Province's actions

Emergency fund created

The provincial government marked the first day of Sexual Assault Awareness Month by creating an emergency fund for organizations providing assistance to victims of sexual assault.

Organizations can request one-time assistance if they need additional resources.

The Avalon Sexual Assault Centre also received a separate one-time \$100,000 fund to help alleviate the influx of demand in victim support services.

"There is a need across the province for sexual-assault services," says Stevens.

"It demonstrates the government's willingness to work with community organizations to address this issue." METRO

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Panel to suggest laws governing aquaculture

A panel has been created in Nova Scotia to recommend new regulations to govern the aquaculture industry by the end of next year, the provincial government announced Wednesday.

Aquaculture Minister Sterling Belliveau said the panel and a seven-member committee will help update 15-year-old regulations for the sector.

The panel will be led by two environmental law experts from Dalhousie University, Meinhard Doelle and William Lahey. They will be advised by a committee that includes representation from industry and environmental groups, the Mi'kmaq and the Union of Nova Scotia Municipalities.

Belliveau said the govern-

ment will not approve any new applications for marine-based aquaculture sites until the new regulations are in place.

There has been opposition to open pen fish farming around Nova Scotia and several groups have asked for a moratorium until a full environmental assessment can be done. THE CANADIAN PRESS

Symphony Nova Scotia. Gueller to keep leading for another three years

Symphony Nova Scotia has announced that music director Bernhard Gueller will lead its orchestra for three more years.

Earlier this week Gueller signed his new contract, which will extend his tenure until the end of the 2015-2016 season.

"We can focus not only on providing excellent music but on working towards my vision for Symphony Nova Scotia—a dedicated concert hall to make the orchestra shine," said Gueller in a press release.

Gueller has been the orchestra's music director since 2002. METRO



Bernhard Gueller
CONTRIBUTED



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May Day marchers demand immigration overhaul in the U.S.

Immigrant workers.

Peaceful marches cross the U.S. in hopes of reaching Capitol Hill

Demonstrators demanded an overhaul of immigration laws Wednesday in an annual, nationwide ritual that carried a special sense of urgency as Congress considers sweeping legislation that would bring many of the estimated 11 million people living in the U.S. illegally out of the shadows.

Thousands joined May Day rallies from Concord, N.H., to Los Angeles, where scores of marchers gathered downtown. In Salem, Ore., Gov. John Kitzhaber was cheered by about 2,000 people on the Capitol steps as he signed a bill to allow people living in Oregon without proof of legal status to obtain drivers licences.

In Vermont, more than 1,000 people assembled on



An immigrant from Mexico marches during a May Day rally in downtown Los Angeles on Wednesday. DAMIAN DOVARGANES/THE ASSOCIATED PRESS

the Montpelier Statehouse lawn. And in New York, paper rats on sticks bobbed along Sixth Avenue as about 200 protesters set off from Bryant Park, chanting: "What do we want? Justice! When do we want it? Now!" The rats were intended to symbolize abused migrant workers.

The May Day crowds were lively but paled in comparison to the massive demonstra-

tions of 2006 and 2007, during the last serious attempt to introduce major changes to the U.S. immigration system. Despite the large turnouts six years ago, many advocates of looser immigration laws felt they were outmanoeuvred by opponents who flooded congressional offices with phone calls and faxes at the behest of conservative talk-radio hosts.

THE ASSOCIATED PRESS

Accident. 2-year-old girl killed by brother, 5, with gun received as a gift

A five-year-old U.S. boy accidentally shot his two-year-old sister to death with a rifle he had received as a gift last year, Kentucky authorities said.

The children's mother was home at the time Tuesday afternoon but had stepped out to the front porch for a few minutes and "she heard the gun go off," Cumberland County Coroner Gary White said. He said the rifle was kept in a corner, and the family didn't realize a bullet was left inside it.

White told the Lexington Herald-Leader newspaper the boy received the .22-calibre rifle, especially made for children, as a gift.

White identified the gun as a Crickett, referring to a company that specifically makes guns, clothes and books for children. "It's a little rifle for a kid. ... The little boy's used to shooting the little gun."

The shooting, while accidental, highlights a cultural divide in the U.S. debate over gun control, which again became a top issue after 20 young

'My first rifle'

Keystone Sporting Arms produced 60,000 Crickett and Chipmunk rifles in 2008, according to its website.

- The smaller guns come in all sorts of colours, including blue and pink.
- The company's slogan is "my first rifle," and its website has a "Kids Corner" section with photos of children at shooting ranges and on bird and deer hunts.

children and six adults were shot dead at a Connecticut school in December. While many urban and suburban areas work to keep guns out of the hands of children, it's not uncommon for youths in rural areas to own guns for target practice and hunting.

"This minister will be noted as the minister who just gave up when it comes to trying to win back our seat ..." NDP critic Paul Dewar said.

THE CANADIAN PRESS



5 TAILS, ONE STORY

Canada Post and the Canadian Federation of Humane Societies (CFHS) have teamed up on the Choose Pet Adoption stamp issue. Meet the stars of the stamps above. Use them on your mail to help raise awareness about pet adoption as the first choice when bringing a new animal into a family!



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canadapost.ca/adoption

Supervised custody

Girl sentenced in vicious attack on disabled man

A 17-year-old girl has been sentenced for her role in a violent robbery and assault on a disabled man in Mount Pearl, N.L., last year. The girl was sentenced to six months of open and supervised custody Tuesday after pleading guilty to robbery with violence, conspiracy to commit robbery and possession of stolen goods. A charge of assault causing bodily harm was withdrawn.

THE CANADIAN PRESS

Protecting juveniles

Group assails sex-offender-registry system

A human rights group is calling on the government to stop the practice of placing the names of juveniles on publicly accessible sex-offender registries.

THE ASSOCIATED PRESS

Greek-only handouts

Mayor of Athens vows to stop 'racist' charity

The mayor of Athens has pledged to prevent an extreme far-right party from staging food handouts only for Greeks in the capital's busiest square. Giorgos Kaminis accused Golden Dawn on Wednesday of engaging in "racist and xenophobic charity." Kaminis said Thursday's planned handout is illegal and he would do his best to stop it.

THE ASSOCIATED PRESS

Desperate act

Couple leaves autistic son with social services

An Ottawa couple's decision to leave their severely autistic son at a social services agency this week was 10 years in the making. Amanda Telford took her 19-year-old son Philippe to Developmental Services Ontario.

TORSTAR NEWS SERVICE

Racist taunts greet 1st black minister in Italy

Cecile Kyenge.
Appointment of
woman born in Congo
causes racist backlash

It was hailed as a giant step forward for racial integration in a country that has long been ill at ease with its growing immigrant classes.

But Cecile Kyenge's appointment as Italy's first black cabinet minister has instead exposed the nation's ugly race problem, a blight that flares regularly on the soccer pitch with racist taunts and in the diatribes of xenophobic politicians — but has now raised its head at the centre of political life.

One politician from a party that not long ago ruled in a coalition derided what he called Italy's new "bonga bonga government." On Wednesday, amid increasing re-

vulsion over the reaction, the government authorized an investigation into neo-fascist websites whose members called Kyenge a "Congolese monkey" and other epithets.

Kyenge, 48, was born in Congo and moved to Italy three decades ago to study medicine. An eye surgeon, she lives in Modena with her Italian husband and two children. She was active in local centre-left politics before winning a seat in the lower Chamber of Deputies in February elections.

Premier Enrico Letta tapped Kyenge to be minister of integration in his hybrid centre-left and centre-right government that won its second vote of confidence Tuesday. In his introductory speech to Parliament, Letta touted Kyenge's appointment as a "new concept about the confines of barriers giving way to hope, of unsurpassable limits giving way to a bridge between diverse communities."

THE ASSOCIATED PRESS



Italian Integration Minister Cecile Kyenge arrives at the premier's office in Rome. GREGORIO BORGIA/THE ASSOCIATED PRESS FILE

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In this online ad for Mountain Dew, the goat in the police lineup makes threatening remarks to the injured woman, such as "Ya better not snitch on a playa," and "Keep ya mouth shut." She eventually screams "I can't do this, no no no!" and runs away. YOUTUBE.COM



Celeb-made Mountain Dew ad leaves bad taste

Hip or horrible? PepsiCo pulls online spot depicting battered woman being threatened in police lineup

PepsiCo is once again learning the risks of celebrity partnerships after an ad for Mountain Dew was criticized for portraying racial stereotypes and making light of violence toward women.

The soda and snack food company said it immediately pulled the 60-second spot after learning that people found it was offensive. The ad was part of a series developed by African-American rapper Tyler, The Creator, and depicted a battered white woman on

crutches being urged to identify a suspect out of a lineup of black men.

A goat character known as Felicia is included in the lineup and makes threatening comments to the woman, such as "Ya better not snitch on a playa" and "Keep ya mouth shut."

The woman eventually screams "I can't do this, no no no!" and runs away. The word "do" is in apparent reference to the soft drink's "Dew It" slogan.

Mountain Dew, known for its neon colour and high caffeine content, is generally marketed to younger men and sometimes attempts to have edgier ads. But the controversy over its latest spot illustrates the fine line that companies must walk when trying to be

Endorsement gone wrong

- Mountain Dew also was criticized recently because of its endorsement deal with Lil Wayne, whose rap lyrics compared a rough sex act to the tortuous death of Emmett Till, a black teen who was murdered in 1955 for allegedly whistling at a white woman.

hip.

Laura Ries, president of Ries & Ries, a marketing firm based in Atlanta, said companies that want the street cred of a celebrity may end up losing control of the message they want to convey. **THE ASSOCIATED PRESS**

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Dairy farming. New mozzarella rules may mean cheaper pizza

Canada's dairy farmers have changed the rules they use to classify milk that goes into making mozzarella cheese. And that could result in cheaper fresh-made pizzas for consumers across the country.

The new milk class, to take effect June 1, is expected to result in lower costs for Canadian-made mozzarella for restaurants that prepare and cook pizzas on site.

The move could also slow or halt the erosion of domestic cheese sales to pizza restaurants. The battle to cut the cost of mozzarella for pizza restaurants has been fought for nearly 15 years, ever since frozen-pizza makers won an exemption from Ottawa that allowed them to buy cheese at the cheaper world market price.

"There's been an inequity with frozen pizza versus fresh

Dodging cheese tariffs

245.5%

A Canada Border Services Agency decision last year allowed importers to bring boxes of pizza topping — consisting of about 20 per cent pepperoni and 80 per cent cheese — into the country duty-free rather than being hit with the 245.5-per-cent tariff that is charged on cheese from outside Canada.

pizza with the exact same mozza cheese, and we've been pushing and pushing and pushing (for changes)," said Garth Whyte, president of the Canadian Restaurant and Foodservices Association.

A number of restaurant chains recently began circumventing hefty cheese tariffs by importing their mozzarella by way of pizza topping kits.

THE CANADIAN PRESS

2013	Supreme Court Of Nova Scotia	Hfx No. 412198
Between:	Canadian Imperial Bank of Commerce, a body corporate - and -	Plaintiff
Haley & Associates Inc., in its capacity as Trustee in Bankruptcy for David Bruce Brown		
Notice of Public Auction		
To be sold at public auction under an Order for Foreclosure, Sale and Possession, unless before the time of sale the amount due to the Plaintiff on the mortgage under foreclosure, plus costs to be taxed, are paid:		
PROPERTY: House, lands and premises known as 545 Butler Road, Lake Egmont, Halifax Regional Municipality, Nova Scotia, identified by PID 40384844 and referenced at Schedule "A" of the collateral mortgage dated November 7, 2007 and recorded at the Halifax County Land Registration Office as Document No. 90878605. This property is registered pursuant to the Land Registration Act. A copy of the description of the property, as contained in the mortgage foreclosed, is on file at the Sheriff's office and may be inspected during business hours.		
Date of Sale:	Thursday, May 9, 2013.	
Time of Sale:	12:30 p.m. local time.	
Place of Sale:	Conference Room 3, 2nd Floor, The Law Courts, 1815 Upper Water Street, Halifax, Nova Scotia.	
Terms:	Ten per cent (10%) deposit payable by cash, certified cheque or Solicitor's trust cheque at the time of sale, remainder within fifteen (15) days upon delivery of deed.	
Signed April 10, 2013.		
W. Glenn Hodge Cox & Palmer 1100-1959 Upper Water Street PO Box 2380 Central Halifax, NS B3J 3E5 Solicitor for the Plaintiff		
Allan D. Coley Sheriff for Halifax Regional Municipality		

A FOREIGNER IN LEAFS NATION

Dearest readers,

By the time you read this, I may have already been mocked.

As I write this, Game 1 in the playoff series between the Boston Bruins and the Toronto Maple Leafs has not yet been played. It promises to be a war and, as a fervent Bruins fan in Toronto, I'm trapped behind enemy lines.

Toronto is Canada's team — or so certain Leafs fans never tire of telling me — and here I am right in the belly of the buds. If Toronto was victorious in the first battle, the verbal and psychological abuse may have already begun. And if the Bruins took the skirmish, who knows what blowback I might be facing?

A number of people, concerned about my well-being, have asked what it's like to be a die-hard fan of one team while living in a rival team's city. In response, I scratch out this humble letter, keeping myself sane on the eastern (conference) front with pieces of chocolate and a few pin-up girls I've been able to find on the Internet.

I try to blend in here, but I fear my Bruins toque, two Bruins



HE SAYS
John Mazerolle
metronews.ca

jackets, two Bruins T-shirts, four Bruins baseball caps, Bruins key chain and Bruins rubber bracelet may be giving me away.

Fortunately, most Leafs fans don't seem to notice me; they're too busy celebrating that they've made the playoffs for the first time since the Earth was hot and molten. They stumble around with goofy grins, shaking the rust of fandom off, yelling on the streets that they're "ready for the ... after-games ... tournament thing!"

But I must be careful not to prod. As I said, by now the Leafs may be up 1-0 in the series, and I'll be dodging the shots and cuts and jabs of co-workers and passersby. Just yesterday somebody said, "Your jacket looks terrible."

The wound still festers. I always live in fear of the perfect put-down, the one that will shame me and shut me down forever. Fortunately the best most people can do is, "Your team's best player sucks!" And, in truth, Maple Leafs fans are remarkably gentle. It might be because the young men most likely to be jerks

haven't had anything to strut about since they were 11. It might be because buying a game ticket requires a bailout from the World Bank. Or it might just be Toronto's easygoing nature.

Whatever it is, Leafs fans are not the threatening sort. Yet.

Compare that to, say, Philadelphia, where Flyers fans would gladly decapitate me at the gates of Wells Fargo Center and use my head as a clapper in the Liberty Bell.

Yes, I do consider myself a hero.

But I'm not alone. Right across this country there are people like me: Calgary fans in Edmonton, Edmonton fans in Vancouver, Montreal fans in Winnipeg, Rangers, Bruins and Blackhawks fans have infiltrated the North. And Maple Leafs fans seem to be everywhere, like spruce budworm.

God, I even know an Islanders fan, may his soul find rest.

Yes, we sports fans who value laundry over geography are legion. So, no matter what the outcome over the next two months, I will walk brave and true through enemy territory, knowing I have an army of like-minded soldiers at my back.

Unless, of course, the Leafs win the Stanley Cup, in which case I'm moving to Ouagadougou.

Don't bother writing.

Click bait



ANDREW FIFIELD

andrew.fifield@metronews.ca

So now that a particularly nasty winter is behind us (most of us), the yearning for an escape to far-flung locales may have eased a bit. But there are still rainy days ahead, so why not spend one of them exploring the world? Here are three ways to do it.



Instahood:

Using Google Street View to investigate a neighbourhood can be a little Grand Theft Auto-like since you can't really enter any buildings and poke around. Instahood gets you closer to the real feel of a city (and its duck-faced selfies) through tagged photos on Instagram. (instahood.meteor.com)

Koozoo:

A newly released iOS app that allows

users to broadcast video — either recorded or live — from their home city. Broadcasting is still in beta and limited to San Francisco and Austin, Texas, so file Koozoo under 'very promising' for now. (koozoo.com)

Tetsudo Now:

Tokyo's public-transit system is a breathtaking sprawl of remarkable efficiency, and you can watch it play out on a real-time map that provides arrivals information for its millions of users. (demap.info/tetsudonow)

Twitter

dow @ home, this yr some Ginga Ninja beer



@metropicks asked: As the NHL playoffs get underway, we want to know: what's your playoff rhyme? Lucky pants? Not shaving?

@kajomah: wear a rain coat when going to Detroit games because I don't want to be showered with squid goo

@bobbyboucher604: wear jersey, & other @VanCanucks gear to the office, have large size flag in front window

#EvanPetricie17: Never really had one, Leafs finally made playoffs for the first time in 9 yrs. Maybe I won't wash this Leafs shirt. #Leafs

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: halifaxletters@metronews.ca

ZOOM

C'mon, let's just wing it!



KARIN THORELL/REX FEATURES

First time taking flight for chicks

This amazing image shows goldeneye chicks (*Bucephala clangula*) taking a leap of faith as they leave their nest for the first time. In a heart-stopping scene, the mother urged the young sea ducks to jump a few metres to the ground. METRO

Photog's words

- "The mother knows when all the kids are out of the eggs and then she jumps out, down on the ground. She stands and makes special sounds to get the chicks to jump. In a moment, the little ones begin to jump out, and you will see the sweet birds coming one by one, all jumping in different styles as you can see."

Ducking out


"I had to wait two-and-a-half hours to get this shot. It brought a tear to my eye."

Karin Thorell, nature photographer from Överkalix, Sweden

Searching for the meaning of life Over Land and Sea

Debut album.

After a leap of faith and solo tour, Lauren Mann has teamed up with her husband and band to embark on a whole new journey



BACKSTAGE PASS

Jenna Conter
halifax@metronews.ca

What is the meaning of life? According to lessons I learned from old Jewish comedians and Billy Crystal movies, the meaning of life is just one thing — a defining purpose unique from one person to the next.

Frankly, life is short and for those of us who don't subscribe to the idea of reincarnation, we only get one of them.

I have no intention of breaking out into an existential chat about mortality, but having had the pleasure of speaking with several creative folk, it's refreshing to witness the joy spawned from those who have truly found their purpose — their meaning.

Enter Calgary's Lauren Mann. Back in 2010, Mann turned her passion for music into a full-time career — a step into uncertainty that many are too scared to take. Armed with a collection of songs, Stories from Home, she set out on a 65-day solo tour across Canada.

"Everyone has an individual purpose and everyone wants to find out what we are meant to do," Mann tells

me. "Going on tour can be stressful and busy, but it's been one of the most fulfilling experiences I've ever had."

Three years later, Mann has played close to 400 shows across North America and now, joined by her band mates, including her husband, Lauren Mann & The Fairly Odd Folk are hitting the road again, bringing with them their debut album, Over Land and Sea.

"The overarching theme (for the album) is a journey — travelling from different places and life experiences," Mann said.

"It's amazing how we can grow from these experiences and what the overall purpose of these life experiences really turn out to be."

Taking to the Seahorse Tavern stage Saturday night, Mann's alternative pop-meets-folk sound acts as the perfect vehicle by which to tell her many stories from the road.

Every live performance, Mann explains, allows this compilation to come alive and, with help from the additional musicians set to join the Odd Folk on stage, each night promises to breathe new life into Mann's words and melodies.

If you go...

- **What.** Lauren Mann & The Fairly Odd Folk
- **When.** Saturday at 9 p.m.
- **Where.** The Seahorse Tavern
- **Tickets.** \$10 at theseahorsetavern.ca



Lauren Mann performs in Halifax this weekend with her band Lauren Mann & The Fairly Odd Folk. CONTRIBUTED

2
SCENE

I thought my fashion senses were tingling.

Justice Bench.
Costa Blanca & STANCE
are now all ready to be shopped.

MIC MAC MALL

Bat-like singer drew from ‘very dark’ times to give Deerhunter’s latest offering added edge

Monomania. Lead man Cox's late boozy nights played their part, as did his vast collection of 600 songs

Bradford Cox wrote what would become the final track of Deerhunter's forthcoming album, a song called Punk, at a friend's house in New York during what he describes as a very difficult time. He'd gone north to get away from personal turmoil in his hometown of Atlanta, taking few items other than a borrowed leather jacket.

Before work could start on the album, the band faced more difficulty — the departure of its longtime bassist Josh Fauver — which made Cox fear the band would break up.

It did not, but Cox still wound up playing a melodic bass line on Punk during recording sessions earlier this

year. The reason for the extra duties wasn't personnel-related. "I played a lot of stuff on that song, but that's only because the demo is so confusing because I was drunk when I made it," he said during an interview at his house in Atlanta. "I was in character for that song."

The smouldering, propulsive track was part of a burst of songwriting within the past two years that Cox says resulted from "very dark" things that he declined to explain further. These songs form the bulk of Monomania, the band's fifth full-length album due to be released on May 7.

Anticipation for the album was goosed by a performance of the noisy title track in early April on Late Night With Jimmy Fallon, which was analyzed on more than a dozen music blogs under headlines describing it as "brilliant, bizarre."

The band's past two albums also each landed near the top of year-end lists. Cox, who turns 31 on May 15, said the band had been do-

ing all-night rehearsals to prepare for a string of tour dates around the Southeast before they head to Europe for club shows and festivals. The day of the interview, they'd practiced until 7 a.m. and Cox had awoken not long before a reporter showed up in the late afternoon.

"I sleep all day. That's what I do," he said. "I'm like a bat."

The new album is a collage of elements familiar to Deerhunter fans — cacophony interspersed with tunefulness, guitar tones that range from scratchy to soothing and vocals that occasionally dissolve into distortion.

THE ASSOCIATED PRESS

Batman sings

"I sleep all day, that's what I do. I'm like a bat."

Bradford Cox, lead singer of Deerhunter
On what his creative life is like



Deerhunter frontman Bradford Cox. ASSOCIATED PRESS

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**@JuddApatow**
I am such a hoarder I can't even close open windows on my computer.

**@DanaDelaney**
At the bar, met Chris & Mike from Schiavone Construction who are bringing the subway to LA. About time.

**@GarryShandling**
Good night. I'm now going to block myself.



Kelly Osbourne ALL IMAGES GETTY

Kelly Osbourne loses her cool with interviewer

Kelly Osbourne isn't the easiest person to interview, at least according to Daily Telegraph reporter Joel Christie, who's spilling about a particularly tense chat with the reality star. "The conversation didn't start well. She called me 'presumptuous' for calling her rumoured fiancé

her fiancé," Christie reports, adding that Osbourne got testy pretty quickly. "You are trying to f—ing turn this around and get s— on my family, aren't you?" she reportedly scolded him. Christie remains miffed: "It's pretty vexing when you're screamed at for spurious reasons."



Why Jennifer's latest dress has us whispering and wondering

 **THE WORD**
Dorothy Robinson
scene@metronews.ca

Oh man. Jennifer Aniston. What are you doing to us? How in the world can you show up to an event in what has been alternately described as a "billowy," "loose," "definitely maternity" dress? What does this mean?! Of course, it could just be that the actress is wearing a loose-fitting dress at the book launch party for Mandy Ingber's *Yogalosophy: 28 Days to the Ultimate Mind-Body Makeover* and we are all jumping to conclusions. And honestly, if I were Jennifer Aniston, I'd wear dresses like this until the

day I die just to continuously mess with the minds of the baby-hungry public at large.

But! It seems like the actress has moved her wedding date and she's passing the blame to Brad Pitt (ex-husbands are always good scapegoats). She doesn't want to overlap with Brad Pitt and Angelina Jolie's rumoured wedding this summer, according to Us Weekly. "She does not want her day associated with them," a source says, adding that when Aniston first heard of Pitt's planned wedding date she considered moving her wedding to Justin Theroux up to take place before it, but her fiancé talked her out of that idea. "Justin got weirded out by all the rushing." Aniston has now reportedly put her wedding plans completely on hold. "Nothing has happened on that front in a month," the source says.

Maybe that's because she's pregnant?! Or not. Only time, and more billowy dresses, will tell.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Lindsay Lohan

Prison sentence looms for Lindsay Lohan if she fails to show for rehab stint

Today's the day that Lindsay Lohan has to report for 90 days of court-ordered rehab, though at press time no facility had been chosen yet, according to E! News. If she doesn't check in somewhere she will be "required to show up to court on Thursday with her lawyer in L.A.," a source says. "If Lohan does not comply with the judge's order, that

would be a violation of probation that could land her in jail." But one thing's at least for sure: Lohan won't be blogging about the experience while she's locked up, despite a report that she'd be using her personal website to chronicle her rehab. "She will not be blogging from rehab, but she does plan to have her own space on the web where she can talk about her passions," another source says. "She wants a place to discuss her love of fashion, music, art and her unique sense of style.

She wants to be able to connect to her fans directly."

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SHOPPERS DRUG MART

Multi-task makeup: a miracle or a marketing scheme?

She's all that?

Alphabet skin care has pretty much reached its tipping point, surfacing not only on swanky beauty counters but also in drugstore makeup aisles. But are the multi-function creams really improving your skin or merely clogging your pores? We take a look at the pros and cons

ROMINA MCGUINNESS
Metro World News in London



<p>Julep DD Crème \$36, julep.com</p>	<p>Smashbox CC Crème \$42, smashbox.com</p>
<p>Dior Hydra Life BB Crème \$56, dior.com</p>	

By now you've probably seen, tried or become addicted to all-in-one BB creams, which promise to protect, hydrate and perfect your skin while covering your spots.

"Having a product do it all was a first in the world of cosmetics, where the colour and function of the formula usually comes first and the treatment benefits take a back seat," Kerri Bender, manager of global product development at Smashbox Cosmetics says.

And maybe you're excited to get into CC creams, which arrived this spring and are meant to even out skin tone, reduce dark spots and enhance skin radiance through optics and coverage.

Now, the beauty industry is in a frenzy over the first ever DD cream, due to hit stores in June. Produced by Julep, it will target age spots, fine lines and, yes,

Face the facts

"We haven't seen such a shift in the industry since Bobbi Brown first introduced yellow to foundation colours."

Mary Schook
Celebrity facialist and makeup artist.

cover flaws.

But are all of these multitaskers yielding results?

"To me they're marketing hype," says Mary Schook, a New York based celebrity facialist and makeup artist. "What's good about all of this is that it forced the industry to work on building better foundations. Because we haven't seen such a shift in the industry since Bobbi Brown first introduced yellow to foundation colours," Schook adds. She and Bender help us look at the pros and cons.

PROS — Kerri Bender

A simpler makeup routine

"BBs are the baseline. You don't have to be a makeup junkie to use one. If you're looking for an all-in-one product, something that is going to prime, perfect, protect, hydrate and control oil, then it's the right one for you."

They mix well with your other products

"Both BB and CC creams work for any skin type. If you require a little more hydration, use your BB or CC cream in conjunction with your moisturizer. And if you have problems with shine, you can top off your BB or CC with a finishing powder."

They're good primers

"If you need higher coverage, most BB and CC creams function as primers and can be layered under your foundation for added benefits. And both offer strong sun protection."

CONS — Mary Schook

Clogged pores

"BB creams contain so many different ingredients that the skin can't handle, such as silicone and avobenzone, which cause breakouts. BB creams are supposed to have sunscreen and avobenzone is the popular ingredient in that, hence the acne. And the silicone in BB creams create a veil over the skin that doesn't allow it to breathe. It feels like it's breathing, but it's a false thing. It's creating a barrier that's not allowing the skin to perspire the way that it should. That's what is trapping the bacteria."

Heightened sensitivity

"CC creams do give a glow to the skin. But when you have a product that claims to colour correct, the way CC creams do, you have to worry about skin character because you're taking away things that protect the skin cells. When the cells want to cause any kind of pigmentation, it's the body trying to protect itself. If you take away all of that pigmentation, or the ability for the body to do that, then the body cannot defend itself."

Skin irritation

"The new Olay CC cream contains a lot of alcohol and the regular breakout irritants. But, it also contains niacinamide (a form of Vitamin B), which is very good. This shows promise in the formula, but you're still better off using an anti-aging serum instead of a product that is trying to be everything and irritates you."

The Kit



Canadian street style

Spotted in: Vancouver

Natalie
Student
Age: 20

What she's wearing

Sweater from Aritzia, shirt from Zara, toque from Diesel, Coach bag, Van shoes, and jeans from H&M.

Her inspiration

"Basic layering. I like being warm and comfortable."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM – AND A WEEKLY NEWSPAPER SECTION TOO!

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Ashley Kowalewski
The Kit.ca

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TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.



And here come the
EDITbyJeanneB shades!



A wee EDITbyJeanneB fashion show to benefit
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@FusiaMag +
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With my dear pal+hairstylist
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Think sunshine in a paint can

Mellow yellow. Yellow paint — no matter what the shade — can bring renewal into people's lives

It may not be our favourite colour, but when it comes to painting our walls, yellow is the No. 1 choice worldwide. That's the finding of an

international survey conducted on behalf of Dulux® paint. The study shows that while blue is the most popular colour in the world,

preferred by 36 per cent of people, the picture changes when you look at actual sales volume of paint colours.

"For every can of blue wall paint sold, you can almost fill an Olympic-size pool with the yellow paint that's purchased over the counter," said Martin Tustin-Fuchs, brand director

for Dulux paint, pointing out that yellow is actually cited as the least favourite colour worldwide, with only five per cent of people favouring it.

"When presented with paint swatches, however, most people seem to like yellow — as long as it's called something other than yellow, that is," Tustin-Fuchs said. "Paint names like buttercup, vanilla and champagne are more attractive to consumers."

Yellow works well in the home because it's a warm, happy colour that represents renewal and brightens spirits, he explained. Think sunshine, daffodils and the trademark smiley face.

While all kinds of yellow shades adorn Canadian walls, studies show off-white yellows take top spot in our homes. Tustin-Fuchs offered these tips on how to pick the best shade of yellow for your rooms:

Sunny yellow: Infused with a tinge of orange, sunny yellow does wonders in lighting up a poorly-lit room. Try painting this bright shade on both walls and ceilings and it will appear to mimic sunlight — even on cloudy days. Sunny yellow is said to increase awareness and stimulate creativity, spontaneity and the mind, making it an ideal choice for a kids' playroom, study area or home office.

Mellow yellow: Cream tones tinted with yellow create a relaxing retreat in any living space. Soft and light, earthy yellows warm up smaller spaces, like bathrooms and vestibules, without overwhelming them. Warm yellow is also a good option for a master bedroom, depending



Dulux Prairie Grass. CONTRIBUTED



Dulux Sugar Cane. CONTRIBUTED



Dulux Daisy Chain. CONTRIBUTED

on the mood you want to create. While red stimulates passion in a bedroom, yellow delivers a calm, spa-like atmosphere, which may provide a welcome sanctuary after a long day.

Citrus yellow: Known to energize and increase the appetite, cheery lemon yellow is a good option for eating areas. Reflecting a high amount of light, this shade works well in any kitchen or as an accent wall in a dining area. Framed in white moulding, bright yellow also brings an inviting feel to an entrance hall. Combine citrus yellow with black and white tones to create a stylish, up-

lifting colour scheme in any of these spaces.

Banana yellow: Warm tropical yellows work particularly well with neutral or wood furnishings. Best used in a family room or living area, banana yellow emits a welcoming, upbeat feel that wraps a person in warmth. To keep a yellow room from feeling too warm, add bold accent colours, such as green, turquoise or orange, through accessories.

Yellow paint — no matter what the shade — can bring renewal into people's lives

"Simply put, yellow paint is sunshine in a can," he said.

METRO NEWS SERVICES

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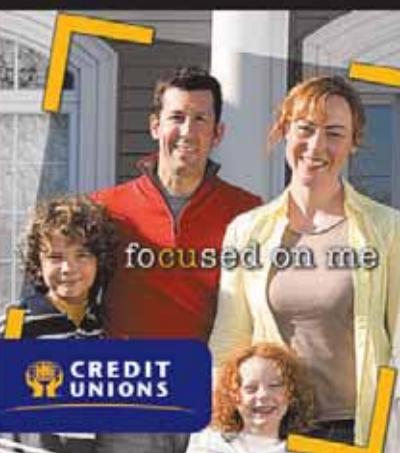
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Budget. Simple projects can lead to savings

Renovations aren't just about updating the design and comfort of your home or cottage, they can also be a great way to incorporate better approaches and sustainable technologies that cost very little, but lead to big savings.

It's often hard to know where to start when considering a green renovation. If you are considering a partial or full home renovation and

want to go green, visit cagbc.org/greenhomes for a valuable list of resources, including local architects, advisers or contractors who are best qualified to help.

Here are some simple tips to get you thinking about renovating your space with an eye to saving — both money and the environment:

- Often in renovations you have the opportunity to fill un-

insulated spaces to make them more energy efficient. To go green, consider rock wool or cellulose insulation. Both are available at most home renovation centres and contain recycled content, are made in Canada, and have the potential to reduce your monthly heating costs.

- The biggest single electricity user in an average gas-heated home is your refrigerator.

While renovating a kitchen, consider recycling your old fridge (many utility companies will pick it up for free) and purchasing an Energy Star fridge. Choosing a smaller size will also reduce the monthly energy cost. Compare the EnerGuide rating that is listed on each fridge before you buy one — this will tell you which ones will save you the most energy and the most money.

- Reducing water use and hot water bills when renovating your bathroom is easy. Installing a low-flow or low-flow dual-flush toilet can reduce your water use by up to 25 per cent. A smart way to sort through what works best is to visit map-testing.com.

- Did you know showers use about 40 per cent of the hot water in your home? Installing the right low-flow shower

head, especially one that is 1.75 gallons per minute (GPM) or less, will save you up to 30 per cent.

- When looking to replace or install new windows, look for those that are Energy Star rated for zone C or D. You could also consider installing casement windows, which tend to be less drafty as they age when compared to slider and double hung windows.

NEWS CANADA



A fresh coat of paint can give your home an updated look and feel — and it doesn't have to cost a lot of money. DIGITAL VISION/THINKSTOCK

Choose 'smart' renovations

Many Canadians are interested in knowing the "smartest" household renovations to make to receive a good return on their investment. Although there are many variables that affect the value of a home, the Appraisal Institute of Canada (AIC) offers these general tips to Canadian consumers.

1 Choose improvements with long life expectancy. Roofing, energy-efficient heating and cooling systems, and windows can provide homeowners worry-free home improvements for as long as 10 to 15 years.

2 Invest in modern updates in high-traffic areas. Update the core rooms of your home such as the kitchen and bathroom. This can be as simple as changing door knobs, resurfacing cabinets, or replacing fixtures and countertops.

3 Don't underestimate the value of inexpensive updates. A fresh coat of paint, modern lighting fixtures, light landscaping or gardening, or upgraded door handles can give your home an updated look and feel — and it

doesn't have to cost a lot of money.

4 Consider energy-efficient renovations that have a high return relative to cost. Energy-efficient renovations are considered one of the highest paybacks relative to cost.

5 Be careful about over-improvement. Consider your neighbourhood and the expectations of buyers in your area when planning your next renovation project.

6 Think about your personal needs. How much you spend on improvements will depend on how long you plan to live in your home. If you are thinking shorter term, smaller and less-expensive improvements may be your best bet to recover your investment.

7 Be sure to get a building/renovation permit. Take the time to obtain the proper building permits from your municipality or appropriate authority. This is a good step to ensuring that the renovation work complies with the building codes.

METRO NEWS SERVICES



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Adding light under your cabinets give it a subtle glow. ISTOCK IMAGES

Spruce up your kitchen for spring

DIY ideas. Brighten it up with a hint of colour, lighting and decor that gives your space a fresh look without breaking the bank

As the grey skies and dull days of winter are now behind us, give your kitchen a fresh facelift for the spring.

Brighten up this common area with a hint of colour, lighting, and décor that provide a fresh, contemporary vibe without breaking the bank.

Get more economical and clever kitchen design ideas from I Hate My Kitchen on DIY Network Canada.

See the light

Installing lighting under kitchen cabinets can be an easy and inexpensive way to add a subtle glow and brighten up a room.

Low-voltage xenon lightbulbs are cost effective with a long life, and are a

great way to enhance your counters and shelves.

This extra ray of light will help with food preparation while also creating a dramatic effect at night.

True colours

Add a splash of colour with affordable kitchen accents like vibrant storage boxes.

It's as easy as purchasing a few old wooden crates and spray painting them with vivid tones.

These accent pieces can also be used to store extra dishes, utensils, cookbooks and any other items that need to be packed away.

Sticky situation

Create a fun design on your kitchen walls without calling in the painting professionals.

Wall decals come in a variety of colours and designs to suit different tastes. It's as easy as sticking the decal onto your wall and then just peeling it off when you're ready to move on to your next design.

Scratch the surface

Add texture to your kitchen walls with a unique backsplash using versatile materials such as salvaged wood scraps from an old cottage, photocopies of favourite recipes, or even a vintage vinyl tablecloth.

This serves as a budget-friendly and simple way to freshen up your kitchen space on a whim, without having to make any long-term decisions.

Out in the open

Create an open concept storage setting by stacking colourful dishes on uncovered shelves.

Bright and vibrant dishes can be so much more than just serving items for meals. They can also become beautiful displays to liven up your kitchen. Just make sure they're clean when on display.

I HATE MY KITCHEN PREMIERES TONIGHT AT 10PM ON DIY NETWORK CANADA. DIY NETWORK CANADA WILL BE IN FREE PREVIEW FROM NOW UNTIL THE END OF MAY

Shepherd's Pie goes meatless and Mexican with quinoa

1. Heat oven to 180 C (350 F). Bake sweet potatoes 60 minutes or until tender. Let cool until easy to handle.

2. Lightly grease a 2-l (8 cups) baking dish with canola oil or line with wet parchment paper. Set aside.

3. In a large soup pot, heat oil over medium heat. Add onion, red pepper, garlic and cumin. Cook, stirring often, 7 minutes. Stir in black beans, cooked quinoa, corn and salsa until well combined. Remove from heat.

4. Pour into prepared pan. If

you used a microwave to cook sweet potatoes, at this point heat oven to 180 C (350 F).

5. Meanwhile, cut cooled sweet potatoes in half and scrape out flesh. Discard skins. Mash sweet potato well with sour cream. Stir in cilantro. Season with pepper, if desired.

6. For a rustic look, spoon sweet potato mixture over quinoa mixture in heaping teaspoons.

7. Bake for 30 minutes or until heated through and bubbly. Sprinkle top of casserole with green onion, if using.

THE CANADIAN PRESS/ ALL RECIPES ON THIS PAGE APPEAR IN THE VEGETARIAN'S COMPLETE QUINOA COOKBOOK BY THE ONTARIO HOME ECONOMICS ASSOCIATION. EDITED BY MAIRLYN SMITH (WHITECAP, 2012).



This recipe makes 1.5 l (6 cups). THE CANADIAN PRESS H/O

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There's no place like home for Mooseheads

QMJHL Playoffs.

Halifax fans snap up tickets for pair of President's Cup games at the Metro Centre against Baie-Comeau

 ANDREW RANKIN
andrew.rankin@metronews.ca

If he could, Konrad Abelshauser would make the Metro Centre big enough to hold every diehard Halifax Mooseheads fan on game night.

Especially for Games 1 and 2 of the President Cup final on Friday and Saturday, which were sold out in about 20 minutes on Tuesday.

"When I hear stuff like that I wish the rink was bigger for all those fans that supported us all year," said Abelshauser.

As the Mooseheads prepare for the Baie-Comeau Drakkar, the Herd's charismatic blueliner is refusing to be overwhelmed by what's at stake.

He's a tad pleased about the prospect of playing in front of a packed house over the weekend, though.

"Sometimes when you're a little tired and you hear the crowd, it's just what you need," said the winner of the QMJHL's humanitarian of the year award.

It's been a pleasant playoff run for the German defence-



Mooseheads defenceman Konrad Abelshauser slaps hands with the fans as he heads back to the dressing room. The Mooseheads faceoff against Baie-Comeau Drakkar in Game 1 of the President Cup at the Halifax Centre on Friday. JEFF HARPER/METRO

man, who's picked up 12 points in as many games.

He admits he's played with added urgency.

But his game day approach remains the same.

"My routine starts at 3 p.m., with my pre-game meal.

I eat my pasta, have a shower, jump in my suit, drive to the rink, drink a Dr. Pepper, tape my stick and play a little soc-

cer."

In his last year of junior eligibility and fourth year with the Herd, the San Jose Sharks draft pick took a bit of time to savour the Mooseheads' semifinal sweep over Rouyn-Noranda.

"It was the first time I ever made a championship in my junior career. It took a few days to sink in."

As it did for others who have weathered the leaner years with the Herd, including Mooseheads forward Brent Andrews.

"There's this one song we like to play in the dressing room called Starting From the Bottom, Now We're Here," said Abelshauser. "It's good for Brent and me; we were at the bottom, now we're here."

On television

On Wednesday, Eastlink announced they would be carrying live coverage of Games 3 and 4 of the QMJHL final series in Baie-Comeau. Eastlink is also carrying Saturday's Game 2 in Halifax.

MacAulay stays focused on his Herd

Even after all Stephen MacAulay's been through he remains zeroed in on a championship title.

That's not to say the Mooseheads forward hasn't endured his fair share of suffering since the death of his mother Jean in March, but the 21-year-old carries on.

Acquired from Saint John earlier this season, MacAulay has been one of the club's most important leaders, having won two President Cups and a Memorial Cup with his former team.

Now he has a chance for

another as the Mooseheads open their QMJHL final series against the Baie-Comeau Drakkar on Friday.

"The last couple years I might have been a little more nervous in this situation," said MacAulay.

"Now I'm immune to all the distractions. I'll just be a calming presence in the room."

If guys get a little excited and over-hyped, I'm there just to say it's just another game."

Naturally, it hasn't been easy. Distracted by his loss, MacAulay struggled through

By the numbers

31

The number of goals and assists Halifax forward Stephen MacAulay scored during the QMJHL regular season

the first two games of the Mooseheads' semifinal series against Rouyn-Noranda where he was held off the score sheet. But thanks to a supportive network of family and friends, he was able to refocus for the next two games on the road, pick-

ing up four points to close out the series.

"It was good to get away."

The Cole Harbour native is thrilled about the prospect of adding one more league title to his impressive resume.

He sees several similarities between the Mooseheads of now and the President Cup winning teams he was part of in Saint John.

"There are a lot. It's a winning attitude we had in those three years in Saint John. We have that same swagger, that depth." ANDREW RANKIN/METRO



Halifax Mooseheads right winger Stephen MacAulay.
JEFF HARPER/METRO

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SPORTS

AUS men's basketball

Campbell leaves Dalhousie to coach in Toronto

The Dalhousie Tigers men's basketball team will have a new bench boss next season.

The team announced Tuesday that John Campbell has resigned effective immediately to become the new coach of the men's basketball team with the University of Toronto Varsity Blues.

Campbell was coach of the Tigers since 2002 and led Dalhousie to three AUS titles. He was also twice named AUS coach of the year.

"I'm leaving Dalhousie with mixed emotions — I'm excited about the new challenges that await me at U of T but I'm disappointed to leave the many athletes and Tigers supporters who have contributed to the success of the program in recent years," Campbell said in a statement.

The Tigers say a search for a replacement will begin immediately. METRO

NBA playoffs

Celtics streak past Knicks again

Jeff Green scored 18 points and the Boston Celtics stayed alive in the NBA playoffs, cutting the New York Knicks' lead to 3-2 with a 92-86 victory Wednesday night.

The Celtics will host Game 6 on Friday night, needing two victories to become the first NBA team to overcome a 3-0 deficit to win a series.

THE ASSOCIATED PRESS

MLB

Red Sox go deep five times vs. Jays

Boston's Clay Buchholz turned in another brilliant start and Mike Napoli hit two home runs as the Red Sox crushed the Toronto Blue Jays 10-1 on Wednesday night.

Stephen Drew, Daniel Nava and Mike Carp also homered for the major-league leading Red Sox (19-8). Buchholz allowed just two singles over seven shutout innings, lowering his earned-run average to 1.01. The right-hander leads the major leagues with six victories on the season.

THE CANADIAN PRESS

Leafs feel sting of killer B's

Black-and-yellow beat down. After scoring first, Buds largely silent in return to post-season play

David Krejci had a goal and two assists as the Boston Bruins spoiled Toronto's long-awaited return to the NHL playoffs, scoring four unanswered goals to defeat the sloppy Maple Leafs 4-1 on Wednesday night.

The Bruins went behind early but clawed back into the game before a capacity crowd of 17,565 in yellow-and-black at TD Garden — Boston's 154th straight sellout. The experienced Bruins turned the

Game 1

4

Bruins

1

Maple Leafs

screws on the Leafs, who were not at their best, as the game wore on.

The Leafs, whose return to the post-season may be short-lived if Game 1 was any indication, were hanging on for stretches of the third period.

Fans may have partied early in Toronto but last call was reserved for Bruins fans on this night.

Wade Redden, Nathan Horton and Johnny Boychuk also scored for Boston on a night where video review ratified one Bruins goal and disallowed two more.

Krejci, meanwhile, registered his 13th career multi-point playoff game in his 60th appearance in the post-season.

James van Riemsdyk scored for Toronto, whose big guns



Bruins forward Nathan Horton redirects the puck past Maple Leafs goalie James Reimer during Game 1 of their Eastern Conference quarter-final series on Wednesday night in Boston. The Bruins won 4-1. JARED WICKERHAM/GETTY IMAGES

were silent.

The game pitted the fourth-seeded Bruins (28-14-6, 62 points) against the fifth-seeded Leafs (28-17-5, 57 points).

Their records this season may have been similar but the

two teams have come from different hockey neighbourhoods.

It was Toronto's first appearance in the post-season since 2004 when the Leafs were beaten in six games by

the Philadelphia Flyers in the Eastern Conference semifinals. The Bruins, who won the Stanley Cup in 2011, were eliminated in the first round by the Washington Capitals last season. THE CANADIAN PRESS

Bad ring to it
22

Going into Game 1, 15 players on the current Leafs 25-man roster had never seen playoff action. Boston entered the series with 1,273 games of playoff experience on its roster and 22 players have Stanley Cup rings.

NHL playoffs. Pens live up to top-contender status

Pascal Dupuis scored twice, Marc-Andre Fleury made 26 saves, and the top-seeded Pittsburgh Penguins opened the playoffs with a 5-0 romp over the New York Islanders on Wednesday night.

Beau Bennett, Kris Letang and Tanner Glass also scored for the Penguins, who had no trouble against the upstart Islanders even with star Sidney Crosby sidelined by a broken jaw. Pittsburgh hardly needed its captain to continue its mastery of the Islanders, who made their first playoff appearance

since 2007.

Fleury earned his sixth career playoff shutout.

The Penguins, the No. 1 seed in the Eastern Conference, beat Evgeni Nabokov four times in the game's first 22 minutes, including goals by Letang and Dupuis 32 seconds apart early in the second period to send Nabokov to the bench after he stopped just 11 shots.

Kevin Poulin came on in relief and surrendered a soft goal to Glass.

Game 2 is Friday in Pittsburgh. THE ASSOCIATED PRESS



Pittsburgh Penguins forward Evgeni Malkin changes direction in front of New York Islander Keith Aucoin during Game 1 of their NHL first-round playoff series on Wednesday in Pittsburgh. GENE J. PUSKAR/THE ASSOCIATED PRESS

NBA PLAYOFFS

CONFERENCE QUARTER-FINALS

(BEST-OF-7 SERIES — All times Eastern)

EASTERN CONFERENCE

MIAMI (1) VS MILWAUKEE (8)

(Miami wins 4-0)

NEW YORK (2) VS BOSTON (7)

(New York leads 3-2)

Wednesday's result

Boston 92 New York 86

INDIANA (3) VS ATLANTA (6)

(Series tied 2-2)

Wednesday's result

Atlanta at Indiana

Friday's game

Indiana at Atlanta, TBD

BROOKLYN (4) VS CHICAGO (5)

(Chicago leads 3-2)

Thursday's game

Brooklyn at Chicago, 8 p.m.

WESTERN CONFERENCE

OKLAHOMA CITY (1) V HOUSTON (8)

(Oklahoma City leads 3-1)

Wednesday's result

Houston at Oklahoma City

SAN ANTONIO (2) VS L.A. LAKERS (7)

(San Antonio wins 4-0)

DENVER (3) VS GOLDEN STATE (6)

(Golden State leads 3-2)

Tuesday's result

Denver 107 Golden State 100

Thursday's game

Denver at Golden State, 10:30 p.m.

Saturday, May 4

x-Golden State at Denver, TBD

L.A. CLIPPERS (4) VS MEMPHIS (5)

(Memphis leads 3-2)

Tuesday's result

Memphis 103 L.A. Clippers 93

Friday's game

L.A. Clippers at Memphis, TBD

Sunday's game

x-Memphis at L.A. Clippers, TBD

x — if necessary

NHL PLAYOFFS

CONFERENCE QUARTER-FINALS

(BEST-OF-7 SERIES — All times Eastern)

EASTERN CONFERENCE

PITTSBURGH (1) V. NY ISLANDERS (8)

(Pittsburgh leads 1-0)

Wednesday's result

Pittsburgh 5 N.Y. Islanders 0

Friday's game

N.Y. Islanders at Pittsburgh, 7 p.m.

MONTREAL (2) VS. OTTAWA (7)

Thursday's game

Ottawa at Montreal, 7 p.m.

Friday's game

Ottawa at Montreal, 7 p.m.

WASHINGTON (3) V. NY RANGERS (6)

Thursday's game

NY Rangers at Washington, 7:30 p.m.

Saturday's game

NY Rangers at Washington, 12:30 p.m.

BOSTON (4) VS. TORONTO (5)

(Boston leads 1-0)

Wednesday's result

Boston 4 Toronto 1

Saturday's game

Toronto at Boston, 7 p.m.

WESTERN CONFERENCE

CHICAGO (1) VS. MINNESOTA (8)

(Chicago leads 1-0)

Tuesday's result

Chicago 2 Minnesota 1 (OT)

Friday's game

Minnesota at Chicago, 9:30 p.m.

ANAHEIM (2) VS. DETROIT (7)

(Anaheim leads 1-0)

Tuesday's result

Anaheim 3 Detroit 1

Thursday's game

Detroit at Anaheim, 10 p.m.

VANCOUVER (3) VS. SAN JOSE (6)

Wednesday's result

San Jose at Vancouver

Friday's game

San Jose at Vancouver, 10 p.m.

ST. LOUIS (4) VS. LOS ANGELES (5)

(St. Louis leads 1-0)

Tuesday's result

St. Louis 2 Los Angeles 1 (OT)

Thursday's game

Los Angeles at St. Louis, 9:30 p.m.

MLB AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	19	8	.704	—
New York	17	10	.630	2
Baltimore	16	11	.593	3
Tampa Bay	12	15	.444	7
Toronto	10	18	.357	9 1/2

CENTRAL DIVISION

	W	L	Pct	GB
Kansas City	15	10	.600	—
Detroit	15	11	.577	1 1/2
Minnesota	12	12	.500	2 1/2
Cleveland	12	13	.480	3
Chicago	11	15	.423	4 1/2

WEST DIVISION

	W	L	Pct	GB
Texas	17	10	.630	—
Oakland	16	13	.552	2
Seattle	12	17	.414	6
Los Angeles	10	17	.370	7
Houston	8	20	.286	9 1/2

Wednesday's results

Boston 10	Toronto 1
Minnesota 6	Detroit 2
L.A. Angels 5	Oakland 4
Chicago White Sox 5	Texas 2
Kansas City 9	Tampa Bay 8
N.Y. Yankees 5	Houston 4
Cleveland 6	Philadelphia 0
Baltimore at Seattle	Tuesday's results
Toronto 9	Boston 7
Baltimore 7	Seattle 2
Texas 10	Chicago White Sox 6
Oakland 10	L.A. Angels 6
Kansas City 8	Tampa Bay 2
Cleveland 14	Philadelphia 2
N.Y. Yankees 7	Houston 4
Detroit 6	Minnesota 1
Wednesday's results	
St. Louis 4	Cincinnati 2
Washington 2	Atlanta 0
Chicago Cubs 6	San Diego 2
San Francisco at Arizona	
Colorado at L.A. Dodgers	

NATIONAL LEAGUE

Wednesday's results

N.Y. Mets 7	Miami 6
Pittsburgh 6	Milwaukee 4
St. Louis 4	Cincinnati 2
Washington 2	Atlanta 0
Chicago Cubs 6	San Diego 2
San Francisco at Arizona	
Colorado at L.A. Dodgers	

Horoscopes

Aries

March 21 - April 20

Today's planetary picture urges you to enjoy the social side of life. You may have a long journey ahead of you but that does not mean you cannot pause to smell the flowers along the way.

Taurus

April 21 - May 21

Why so uptight? Is it because you think a secret is being kept from you? It does not matter what the rest of the world is doing. It matters only what you are going to do next.

Gemini

May 22 - June 21

You seem to be much in favour with loved ones and friends at the moment, which is good. But don't let their kind words and attention distract you from your most important tasks. There's work to be done.

Cancer

June 22 - July 23

Try to relax and take setbacks in your stride. There will always be things that don't work out the way you want them to — you'll never change that. What you can change is your own attitude. Be confident.

Leo

July 24 - Aug. 23

Someone you don't always get along with seems remarkably friendly at the moment. Is this a genuine change of heart or is it a trap? They just want to draw a line on the past.

Virgo

Aug. 24 - Sept. 23

Is someone at work causing you grief? If so it may be a situation of your own making. Try not to be quite so competitive today. Co-operation is the key to success.

Libra

Sept. 24 - Oct. 23

You seem to think that you alone know how to resolve a tricky situation. Maybe you do but it will still pay you to get other people involved, and that means listening to all opinions.

Scorpio

Oct. 24 - Nov. 22

Now that Mercury has moved into your opposite sign, you should find it easier to reach out to people you know and those you will need to know to further your ambitions.

Sagittarius

Nov. 23 - Dec. 21

It is always easy to see the worst in people but today you should look for the best in them. It's there, if you open your eyes wide enough to see. Look in the mirror and greet your own good side too.

Capricorn

Dec. 22 - Jan. 20

If someone asks what you think of something they have done today, tell them you think it's fantastic, even if you don't. They could do with a confidence boost and you're just the one to give it to them.

Aquarius

Jan. 21 - Feb. 19

The trick you need to master now is making others believe you are not as smart as you are. If rivals underestimate what you can do, you may catch them off guard and beat them to the prize.

Pisces

Feb. 20 - March 20

Modesty comes naturally to you and that's good because someone will go out of their way to talk you up. It's nice to be flattered, of course, but what is their motive? **SALLY ROMPTON**

Crossword: Canada Across and Down

Across

1. Catherine _____ (Henry VIII's sixth/ last wife)
5. Mr. Bunny
9. Some computers and printers, e.g.
12. "The Love Boat" bartender
14. Swedish furniture store
15. Hair: ___ Plus 2 in 1
16. Flagstones-created retreat
17. Horse gait
18. Pinocchio, sometimes
19. Witch's works
21. "Umbrella" singer
23. #99: 2 wds.
26. Plant-growing pet
29. Thor Heyerdahl's raft, ___Tiki
30. Pastureland parent
31. TV classic, "I Love ___"
32. The 'E' in QED
34. Archie Bunker's wife

38. Gone by
39. Message regarding health or safety, e.g.
40. 'Dull' suffix
42. Thought something was groovy
43. High IQ society
45. Price ___
47. Tapestry thread
48. Phone's 8 letters

1. Catherine _____ (Henry VIII's sixth/ last wife)
5. Mr. Bunny
9. Some computers and printers, e.g.
12. "The Love Boat" bartender
14. Swedish furniture store
15. Hair: ___ Plus 2 in 1
16. Flagstones-created retreat
17. Horse gait
18. Pinocchio, sometimes
19. Witch's works
21. "Umbrella" singer
23. #99: 2 wds.
26. Plant-growing pet
29. Thor Heyerdahl's raft, ___Tiki
30. Pastureland parent
31. TV classic, "I Love ___"
32. The 'E' in QED
34. Archie Bunker's wife

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39. Message regarding health or safety, e.g.
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42. Thought something was groovy
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48. Phone's 8 letters

50. Part, punny-ly
51. Chows down
52. Eastern mountains stretching The States to Quebec/Maritimes
57. ___ Falls, Ontario
58. Second Cup
62. Great dancer Mr. Kelly
63. Exist

50. Part, punny-ly
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52. Eastern mountains stretching The States to Quebec/Maritimes
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63. Exist

66. Single-named songstress
67. Decorated, as cupcakes
68. 'Persist' suffix
69. Mr. Savard, Hockey Hall of Famer
70. Snake-like splasher
71. Region [abbr.]
72. Think, archaically

1. Singers for Gladys
2. Hurried office memo letters
3. Appraise
4. Canadian National

5. Fragment
6. Kiev's li'l land
7. Christopher Plummer film role, Captain

- ___ von Trapp
8. Form of comedy
9. Ketchup brand
10. Buffoonery
11. '80s rockabilly hit: "___ Cat Strut"
13. Coca-___
15. Gold-___
20. Comic actress Wanda
22. Shaped with an

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

5	1	2	4	9	8	6	7	3
9	8	7	6	3	2	1	4	5
3	6	4	7	1	5	2	8	9
2	4	8	3	5	9	7	6	1
1	3	9	2	6	7	4	5	8
6	7	5	8	4	1	9	3	2
8	5	1	9	7	6	3	2	4
4	9	6	5	2	3	8	1	7
7	2	3	1	8	4	5	9	6

3		1	4		8
9	1	6		4	3
	5	4	2	8	
8		9	8	5	6
1	7	4		9	8
2		7	8		6

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Friday



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BY KELLY ANN BUCHANAN



axe
24. Ms. Jones of song
25. 'Phenom' add-on
26. Beach sighting
27. Massive
28. PC picture
33. "Star Trek" star George
35. Light bulb meaning!
36. ___ of hair
37. Tiny tallnesses
39. Ms. Abdul
41. Sceptre-holder's characteristic
44. Put on, as plays
46. Suffix with 'Ghoul'
47. Canadian airline
49. Scoundrel of yore
52. Rolling Stones ballad
53. Period ___ (Historic flick)
54. ___ of experts (TV debate show guests)
55. British actor Michael
56. Captures
59. Unit of pressure
60. Cogito ___ sum (I think therefore I am)
61. Distort
64. Pre-DVD machine
65. Always, fancy-style

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